

The New Disease;

O R

A Rational Account of the Great

C O L D S A N D C O U H G S

Now Raging amongst Us:

SHEWING

The true Causes of the said Distempers, and Approved Remedies for Their speedy Cure.

TOGETHER

With the Author's Solemn Invitation to all that shall escape those Maladies, to come and Dine with Him at *Christmas* next.

By J. L. Student in *Phyfick* and *Astrology*.

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The New Disease;

A Regional Disease of the Liver

G O L D S

AND

G O U H E S

Now living among Us

SHIMMING

Upsets Our Diet and Causes Disease.

TOGETHER

With All Their Joviality of Life

They Spoil Their Lives

Dr. S. A. Smith in His New Work

Lays Down the Law.

The Nevv Disease;

OR

A Rational Account of the Great Colds and Coughs now raging amongst Us, &c.

Observing *Colds* of late to be a General Affliction where-with most Persons (especially about this City) are troubled, and which in Many at this time are far more Dangerous, and attended with worse Symptoms than ever were known heretofore; I could not but think my self obliged in Pity and Christian Charity towards the Multitudes now Labouring under Them, to give some Phisical Account thereof, with the best and most approved Remedies for the same, that People may know how to help themselves in time, and prevent the more mischeivous Consequences; The rather, for that I do not remember any *Physitian* that has Professedly treated thereof, But generally they over-pass them, as scarce worth their notice, though tis well known that they are the principal Cause to which most Diseases have their Original; An over-flowing of Rheum being as destructive in the little World, as an Inundation of the Sea in the Great; I confess a *Cold* to many, seems a very Contemptible matter, not fit to trouble a Doctor with; People generally slight it, but often pay for their Vanity; They find their Head stufft with crude vapours, and their Breasts clogg'd with vicious unconcocted Humours, and they cry--- *Tis but a Cold*; They find their Lungs afflicted and obstructed in their Functions and Offices, and themselves scarce able to draw their Breath, and yet--- *Tis but a Cold*; They find a want of Appetite, and weaknes of Digestion, a general Stupefaction of

the Animal Spirits , and faint with Coughs , and languish with Coughs , and sink under Lethargies , and lose their Senses in Apoplexies , yet still--- Tis but a Cold : In short , their Brain is at last drowned by a deluge of Phlegm , and the Soul is forced to leave the ruinous cottage of the Body , and the Man dyes , and is fairly buried , and still--- Tis but a Cold ; When it may be a little Care , and a Medicine of Three-Half-Pence , might (under God) have preserved him alive till the Year 1700 .

And therefore I hope none will think this our friendly Undertaking , Superfluous or Impertinent , nor undervalue it because its presented in a single Sheet ; As opiniated Ladies (that have more Money than Discretion) refuse many times wholsom Medicines merely because they are Cheap , and may be had in their own Gardens ;

In all Medicinal Inquiries , the Great Masters of the Art of Healing , advise us to begin with the Cause , For Scire est per Causas Cognoscere ; Now the Causes of these extream Colds that at this time so universally afflict us , are either General , or Particular , Immediate , or Remote ; The Immediate or Particular Causes are various according to each Persons occasions and circumstances ; The Remote , primary , ergeneral Cause , we are not to look for on this side Heaven , for let Ignorance , or narrow Learning fail at Astrology as they list , we are satisfied tis only that Art , can give any tolerable Account of the Reasons of Epidemical , or Endemical Distempers ; and why they Rage at such particular seasons more than at other times ;

If therefore we lift up our Eyes to that glorious Glass , we shall find in the last Month of October , a great number of very rough and threatening Positions ; first a Conjunction of Mars and Mercury , an Opposition of Mercury and Saturn , a Conjunction of Mars and the Sun , an Opposition of Saturn against both the Sun , Mars and Venus , and a Conjunction of Venus and Mars all within the space of one Month ; From the Consideration whereof , it was very easy (without the least suspicion of Witchcraft or Conjuring) to Judg and conclude that Mankind would at or about that time , be afflicted with some kind of general Disease or Distemper , The particu'lar kind of which is sufficiently intimated unto us by the Signs through which the opposing Planets make their present Transit , as Saturn (the fountain of Cold (as the

Sun is of Heat) and causer of most frigid Diseases) in *Taurus* an Earthly cold Sign, and the *Sun*, *Mars*, *Venus*, and *Mercury* all in *Scorpio*, a Sign Watry and Feminine, Cold and Moiſt, and of which *J. Gadsbury* has affirmed in Print, that it is the most vitious Sign of the *Zodiack Anim. Cornutum*, p. 20. Now is it less evident that *London* more especially, should ſuffer in its Inhabitants by these extraordinary *Colds*, since *Jupiter* the only Planet that can lend us any Aſſistance in this case, is poſited in Oppoſition to the Radical Ascendant of that Ci-ty.

These are the Celeſtial reasons of this raging Diſtemper, for by these rugged and contradicting beans, and unwhollome infrigidating Influences, the Air was not only ſuddenly altered, and the weather changed from very warm to very cold (as we may remember) but likewiſe impregnated with certain unſeasonable particles, which are no ſooner drawn in by the Lungs, but they incorporate with the Serum or watriff part of the Blood, and render it more impure, and thence is generated that vast quantity of Mucus (or Snivel) which we find Nature unloading her ſelf of continually at the nose and other Emancitories; raised and increased by reaſon that the External cold, unwarily received at ſome of the Pores, gets up to the brain, and by compreſſing and overcooling the ſame, adds till fresh crudities, whence proceed continual diſtillations of Rheum, which falling upon the Lungs, and *Aspera Arterea* (or windpipe) causes a tickling by the Acrimony and Sharpneſſe of the humour, and thence comes the Eructation (or Little Earthquake in the Microcosm) which we call a Cough.

For the Prognosticks of this Diſtemper, we conceive it to be of longer continuance than ordinary, and of a more stubborn and contumacious nature, not yielding to common Remedies, beſides people ſhall be in much danger of Relapses, and at ſometimes the Disease ſhall ſeem almoſt wholly vaniſht, of which mitigation we ſhall have an inſtance about the 10th. of December, and from thence continue very moderately till Christmas, but afterwards ſhall ſpread it ſelt abroad a fresh. It is a common ſaying, *Prevention is the best Physick*; I know no better way for them to avoid this troubleſome companion, that makes a kitchin-ſtuff pot of your head, and a Limbeck of your nose, than for to keep your ſelf wa.m, but be ſure arm your ſelf againſt him

Cap a Pe, I mean whatever you do secure your head and your feet, for they are common sally-ports where the enemy enters, keep them therefore warm and dry, a cap will be a good be-fellow, and tis better to pay the Shomakers bill than the Apothecaries.

But if the intruder have already by a forcible Entry got Possession of the Tenement of your body, the best way in the world to Eject him is by a sound S^tew^r, to this purpose take a Drachm of *Discordium*, or two drams of *Mithridate*, or a small quantity, about four Drams of *Marthiolus* his grand Antidote, or if you please take *Aurum Diaphoreticum*, or *Diaphoretick Antimony*, or what other Sudorifiques (or sweat-provoking Medicines you please) and in sweating whether for this or any other Distemper order your body thus, if you would receive more benefit than harm by it.

Take the Medicine in your bed, and be covered warm, drink often as you lye Posset drink, as hot as you can endure it, sweat an hour or two, if your strength will bear it, then the chamber being kept very warm, shift your self all but your head, about which (your cap which you sweat in being kept on) wrap a hot napkin, which will be a means to repel the vapours back.

This sweating will turn the humours in your bodies into vapours, and setting open the Pores will ridd you of them without any more to do, or you may make use of the following Syrrup, by which several scores about this City have been perfectly cured, a thing no less excellent in its vertues than cheap and easy to be obtained.

Take a whole head of Garlick the largest you can get, peel the several Cloves, and bind them all up together again, then put it with a quart of running water into some earthen vessel, and stop it up very close with paste, and let it stand in a hot Oven twelve hours, then being took out do not open it till tis quite cold, for if you should, the spirits and vertue would evaporate, then strain out the Garlick and press out as much as you can of the juice, and boil up that liquor that remains with brown sugar candy to the thickness of a Syrrup, and eat thereof as you have occasion, but be sure you keep your self warm after it for it is a great opner of the Pores.

To eat a raw Pippin, is a usual Remedy for a *Cold*, and I know a Gentleman that commonly Cures himself by drinking of a pint of cold

Water

Water when he goes to Bed ; These may seem strange Medicines , but not to those that truly understand the mystery of Sympathy and Antipathy , and that Diseases are cured by their Likes , as well as by their Contraries : It often happens that Colds leave ill-favor'd effects behind them in the Body , and settles with pain and trouble in some particular Member , insuch a case you have no more to do , but send to the Apothecaries for a little *Unguentum Nervinam* , and it will help you , having restored several even in dead Palsies ; for Wind , annoynt your Belly with it ; for want of Digestion ; your Stomach ; for the Cholick , your Belly ; For whatever Disease in any part of the Body comes of Cold , esteem this Oyntment as a Jewel , and bleis GOD who hath given Man the knowledg of ir.

For a Cough.

First cut the flegm with Syrup of Vinegar , then purge and cleanse the Breast and Lungs , which may be done by giveing wine of Antimony , and taking several times after it Diacassia , then comfort the Lungs with Syrupus Succorum , and give Troches Bechice to hold constantly in your mouth , which you may buy at the Apothecaries and carry about you in a paper , and at night take Tincture of Sugar or extract of Elecampane , or Elixar Proprietatis is very useful , the best of which to be had in London is prepared and sold by my worthy friend Doctor Coelston at the Royal Oak on Tower Hill , and is very necessary for all families to keep by them , being an excellent Medicine in all kind of colds , as likewise in the Griping of the Guts and most common diseases .

I might have entertaind the Reader with disputing whether these colds now so rife amongst us are not contagious or catching , most Phylitians hold they are , which seems confirm'd by experiance , in that when they come into a house they usually go quite round the Family , but I have not time to enlarge , only because I would be civil at parting , I care not if I invite all perlors gentle and simple , that shall not have a cold since Michaelmas to dine with me the day after Christmas day next where they shall be very welcome , and have an Hermeical Banquet , drest by a spagyrical Cook , that like (the Ambrosia of the Heathen divinitie) shall render all that tast of it immortal .